

PE Curriculum Overview

Area of learning	Term 1	Term 2	Term 3
Year 7	<p style="text-align: center;">Basic Ball skills</p> <p>Dance – Introduction to Dance Swimming – Baseline of skills Cycling – Baseline of skills Rebound – Movement assessments</p>	<p style="text-align: center;">Gymnastics</p> <p>Dance – Explore key dance words Swimming – Water confidence Rebound – Movement assessments</p>	<p style="text-align: center;">Athletics</p> <p>Dance – Acquire and Develop skills Swimming – Water confidence Cycling – Safety first Swimming – Water confidence Rebound – Movement assessments</p>
Year 8 + 9	<p style="text-align: center;">Ball skills</p> <p>Dance – Create and develop dance routines Cycling – Safety, basic skills Swimming – Individual skills Rebound – Individual movement plans</p>	<p style="text-align: center;">Gymnastics</p> <p>Dance – Create and develop dance routines Cycling – Safety, basic skills Swimming – Individual skills Rebound – Individual movement plans</p>	<p style="text-align: center;">Athletics</p> <p>Dance – Create and develop dance routines Cycling – Safety, basic skills Swimming – Individual skills Rebound – Individual movement plans</p>
Year 10 + 11	<p style="text-align: center;">Ball Games</p> <p>Dance – Poetry and Stories Cycling – Developing individual skills Swimming – Developing Individual skills Rebound – Individual movement plans</p>	<p style="text-align: center;">Health and Fitness</p> <p>Dance – National Dance Cycling – Developing individual skills Swimming – Developing Individual skills Rebound – Individual movement plans</p>	<p style="text-align: center;">Summer Games</p> <p>Dance - Musicals Cycling – Developing individual skills Swimming – Developing Individual skills Rebound – Individual movement plans</p>